



Thames Turbo @ Home

Turbo sessions – Building endurance

Week 1

You may not reach your max heart rate within these sessions it's the effort that counts.

Warm-up 10 mins progressive to 80%

10 mins progressive to 85%

14 mins as 2 X 5 mins 92% with 2 mins Easy between

10 mins as 13 X 15 secs max effort with 30 secs Easy between efforts

2 mins very easy

9 mins Overgear at 85% (For the overgear sections drop your normal cadence by 30rpm by pushing up the resistance).

Cool-down 10 mins easy

Week 2

Warm-up 10 mins progressive to 80%

10 mins progressive to 85%

14 mins as 2 X 5 mins 92% with 2 mins 80% between

10 mins as 13 X 15 secs Max effort with 30 secs very easy between efforts

6 mins very easy

10 mins as 13 X 15 secs Max effort with 30 secs easy between efforts

Cool-down 10 mins easy

Week 3

Warm-up 10 mins progressive to 85%

14 mins as 2 X 5 mins 92% with 2 mins 80% between

10 mins as 10 X 20 secs Max effort with 40 secs very easy between efforts

6 mins very easy

10 mins as 10 X 20 secs max effort with 40 secs very easy between efforts

Cool-down 10 mins easy

Week 4

Warm-up 10 mins progressive to 85%

21 mins as 3 X 5 mins 85% with 2 mins very easy between

5 mins as 6 X 15 secs at max effort with 30 secs at very easy

Cool-down 9 mins easy

Week 5

Warm-up 10mins progressive to 80%

3 mins race pace (92%)

2 mins easy

2 mins race pace (92%)

2 mins easy

1 min race pace (92%)

10 mins easy



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Session 1

60 mins spinning at 80% heart rate maintaining 100rpm

Session 2

60 mins spinning first 30 mins at 80% heart rate maintaining 95 - 100rpm then for the second 30 mins put the resistance up until it is hard to maintain 85rpm. Heart rate doesn't matter for the second 30 mins.

Session 3

10 mins warm up

3 X

(5 mins @ 90 rpm

1 min easy spin 70rpm

3 mins @ 95rpm

1 min easy spin 70rpm

1 min @ 100rpm

1 min easy spin 70rpm)

1 min easy spin to cool down

Session 4

This can be done as either a timed effort or using distance if you have a speedometer. 3 miles easy (approx. 8 minutes), 2 miles hard (approx. 4 minutes), 1 mile flat out (approx. 2 minutes).

repeat 3 - 4 times

Session 5

Warm up 10 mins

8 X 4 mins building each minute 90,95,100,105rpm

2 min spin at 70rpm between sets

2 min cool down



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Session 6 – VO2 Max session

Warm up 10 minutes

3 X 1-minute 100rpm (if you don't have Rpm maintain as fast as possible for the minute),

1-minute easy recovery

2 minutes easy

3 minutes at 90rpm (about 80%)

1 minute at 95rpm (about 85%)

1 minute at 100rpm (about 92%)

3 minutes at 90rpm (about 80%)

2 minutes at 95rpm (about 85%)

2 minutes at 100rpm (about 92%)

3 minutes at 90rpm (about 80%)

3 minutes at 95rpm (about 85%)

3 minutes at 100rpm (about 92%)

5 minutes easy cool down